

***Hiking with donkeys and mules in the National Parks
and in the nature integrates in Umbria, Marche, Abruzzo!
For adults, for families, for all
Summer programme 2013***

<p>1st & 2nd June 2013</p>	<p>Wild Peony trip Monti Sibillini</p> <p>The Monti Sibillini National Park is one of the few places in Europe where the spectacular wild peony is found.</p> <p>Type of trip: A 2-day walking trip with donkeys. There is the possibility of combining these two days with an overnight stay in a tent or in the refuge according to your preference.</p> <p>Level of Difficulty: Easy, ascent 300 m to 500 m, time: 5 approximately hours a day.</p> <p>Overnight: In a tent provided by us or in the Refuge.</p> <p>Cost per person: € 60,00 Guide and donkeys € 40,00 meals and other expenses € 20,00 supplement for overnight stay in tent or Refuge</p> <p><i>Discount for bookings made prior to 15th May 2013</i></p>
<p>22nd & 23rd June 2013</p>	<p>“The Flowering” of the Castelluccio Plain</p> <p>An extraordinarily sight which takes place in June each year when the fields of lentils and wild flowers create an artist’s palate of colours. The best time to observe this phenomenon is in the second half of June and the first half of July.</p> <p>Level of Difficulty: Easy, ascent 300 m to 500 m, time: 5 approximately hours a day.</p> <p>Overnight: In a tent provided by us.</p> <p>Cost per person: € 110,00 guide and donkeys € 24,00 for meals and other expenses</p> <p><i>Discount for bookings made prior to 15th May 2013</i></p>
<p>6th -7th July 2013</p>	<p>Family Walking Trip with Donkeys to seeing the “Flowering” of the Castelluccio Plain</p> <p>This is a trip specially organised for families with children and involves a 2-day walk with donkeys, with an overnight stay night in a tent. The walks are on and around the Castelluccio Plain and the</p>

	<p>surrounding meadows among the spectacular annual display of flowers, alongside the shepherds tending their flocks of sheep which they bring up to the high plains for the summer.</p> <p>Level of Difficulty: Easy, ascent 300 m to 500 m, time: approximately 5 approximately hours a day. (N.B. The children ride on the donkeys.)</p> <p>Overnight: In a tent provided by us next to the Refuge of Colle Le Cese where it is possible to use the washing and toilet facilities. Or you may choose to sleep in the Refuge for an extra supplement of € 20,00 per person.</p> <p>Cost per person: € 60,00 for the trip € 40,00 communal kitty for meals and other expenses € 20,00 supplement for overnight stay in Refuge</p> <p><i>Discount for bookings made prior to 15th May 2013</i></p>
<p>19th, 20th & 21st July 2013</p>	<p>A 3-Day Magical-Mystery walking tour in the Monti Sibillini Mountains.</p> <p>Level of Difficulty: Medium, ascent 600 m to 1000 m, time: approximately 5 approximately hours a day.</p> <p>Accommodation: In a tent provided by us.</p> <p>Cost per person: € 165,00 for the guide € 45,00 for meals and other expenses</p> <p><i>Discount for bookings made prior to 15th May 2013</i></p>
<p>3rd & 4th August 2013</p>	<p>Family Walking Trip This trip comprises 2 walks with donkeys with an overnight stay in a tent; it is especially suitable for families with children. The walks cover the area of the Castelluccio Plain and the surrounding high-level meadows as well as the Lakes of the Pantani di Accumoli with its wild horses and cattle.</p> <p>Level of Difficulty: Easy, ascent 300 m to 400 m, time: approximately 5 approximately hours a day. (N.B. The children ride on the donkeys.)</p> <p>Overnight: In a tent provided by us next to the Refuge di Colle Le Cese where it is possible to use the washing and toilet facilities.</p>

	<p>Cost per person: € 60,00 for the trip € 40,00 communal kitty for meals and other expenses</p> <p>€ 20,00 supplement for overnight stay in Refuge</p> <p><i>Discount for bookings made prior to 15th May 2013</i></p>
<p>9th, 10th & 11th August 2013</p>	<p>3-Day Walking Trip in the Monti Sibillini Mountains, at the “Foot of Sibilla”</p> <p>A mystery-walking trip in the most wooded and mysterious valley of the Sibillini Mountains, sacred and profane, and the hermit and circular walk of the National Park.</p> <p>Level of Difficulty: Easy, ascent 600 m to 1000 m, time: approximately 5 to 6 hours a day.</p> <p>Departure Point: 08.30 h at Castelluccio di Norcia Accommodation: In a tent provided by us.</p> <p>Cost per person: € 165,00 for the trip € 45,00 communal kitty for meals and other expenses</p> <p>€ 20,00 supplement for overnight stay in Refuge</p> <p><i>Discount for bookings made prior to 30th June 2013</i></p>
<p>14th to 18th August 2013</p>	<p>Circular Walk around The Grand Sasso in the Grand Sasso National Park</p> <p>A beautiful and impressive 5-day circular walk in the Grand Sasso National Park, the highest area of the Apennine mountain range. The walk covers the most characteristic and spectacular scenery of the park which ranges from the high plains of the park, known as “Little Tibet”, to the ancient mule tracks which have existed for centuries. Mules carry the tents and food and one mule is left spare for anyone who gets too tired! Fantastic walking!</p> <p>Level of Difficulty: Medium, ascent 600 m to 1200 m, time: approximately 6 hours a day.</p> <p>Departure Point: 08.30 Rocca Calascio</p> <p>Accommodation: In tents provided by us and in the refuge.</p> <p>Cost per person: € 300,00 for the trip € 75,00 communal kitty for meals and other expenses</p>

	<p>€ 20,00 supplement for overnight stay in Refuge</p> <p><i>Discount for bookings made prior to 30th May 2013</i></p>
<p>24th & 25th August 2013</p>	<p>Family Walking Trip</p> <p>Level of Difficulty: Easy, ascent 300 m to 400 m, time approximately 5 hours a day.</p> <p>Accommodation: In tents provided by us in the vicinity of Refuge di Colle Le Cese where you can use the washing and toilet facilities of the refuge. Or for an extra supplement in the Refuge.</p> <p>Cost per person: € 60,00 for the trip € 40,00 communal kitty for meals and other expenses</p> <p>€ 20,00 supplement for overnight stay in Refuge</p> <p><i>Discount for bookings made prior to 30th June 2013</i></p>
<p>30th & 31st August & September 1st 2013</p>	<p>3-Day Walking Trip in the Coscerno in the Valley of the Nero River- One of the most beautiful and spectacular river valleys in Italy. Excellent Value Trip!</p> <p>Cost per person: € 150,00 for the trip € 45,00 communal kitty for meals and other expenses</p> <p><i>Discount for bookings made prior to 30th June 2013</i></p>
<p>14th & 15th September 2013</p>	<p>Walking Weekend: Excellent Value!</p> <p>Accommodation: In a refuge</p> <p>Cost: € 60,00 for the trip € 50,00 communal kitty for meals, a night in a refuge and other expenses</p>
<p>5th & 6th October 2013</p>	<p>Walking Weekend: Excellent Value!</p> <p>Accommodation: In a refuge</p> <p>Cost: € 60,00 for the trip € 50,00 communal kitty for meals, a night in a refuge and other expenses</p>